

Sumptuous Shrimp Quiche

1 cup Oregon pink shrimp
9" pastry shell
1/4 cup minced onion
1/4 cup minced celery
1/4 cup minced mushrooms
2 Tbsp butter or margarine
4 eggs
1¹/₂ cups light cream or canned milk
1/4 tsp. salt
dash pepper
dash nutmeg
1-1 1/2 cups shredded cheese (Cheddar, Swiss or Monterey Jack)
minced parsley, for garnish

Bake 9" pastry shell at 450°F for 7-9 minutes, until slightly browned. Set aside. Sauté onion, celery and mushrooms in butter until onion turns transparent. Set aside. Combine eggs, milk, salt, pepper and nutmeg in bowl or blender. Sprinkle vegetable mixture, cheese and shrimp into pastry shell. Pour egg mixture over shrimp. Sprinkle minced parsley on top. Bake at 325°F for 40-50 minutes, or until knife inserted in center comes out clean when tested. Makes 4-6 servings.